

I AM FREE TO BE ME

By Louise Plant

By the Same Author

Be Alive – A guide to living life to the fullest
Rapid Reference Guide - A rapid reference guide for herbalists and herb practitioners
Simple – A self help book about how Simple life can be

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**These words are dedicated to Jayben.
To show that if you ask for it you get it.
You are Always Free to be You.**

I am Free to be Me

I am free to be me, I am free to do what I want when I want.

I am free to go where I want and to see whom I want.

I am free to stay up late or to sleep in every morning if I so desire.

I am free to talk to who I want to, to talk about whatever floats my boat, stimulates me and fills me with joy.

I am free to keep on following my path of happiness.

I am free to walk away from anything that does not make me feel happy, joyous and eager.

I am free to sing and dance if my heart so desires.

I am free to put myself into different situations that will teach me the lessons that I want to learn.

I am free to not listen to others if I do not want to, if it is not giving me a joyous feeling and I do not want to listen then I do not have to.

I am free to eat what I want to.

I am free to listen to my body when I eat foods and I am free to give gratitude to the food that I have.

I am free to sleep where I want to and with whom I want to and in the manner I want to.

I am free to laugh out loud and be happy, even when others around me are grumpy.

I am free to smile and laugh and if others do not like it, then they can go away.

I am free to buy what I want to and to shop when I want to.

I am free to make my own decisions and choices.

I am free to paint my own picture my way.

I am free to sing my song my own way, even if it is not in tune.

I am free to burn my toast.

I am free to relax when I want to, to meditate if I want to.

I am free to make my own cake and eat it if I want to.

I am free to wallow in my own pain, to sort it out if I want to, to sit in it if I want to and to create positive change if I want to.

I am free to feel the way I want to when I want to and I do not need others to sort me out, offer advice unless I ask for it.

I am free to help myself the way I want to, when I want to.

I am free to be grumpy and negative if I so choose.

I am free to love my dog and snuggle up with her in bed if I want to.

I am free to kick the ball against the wall.

I am free to make noise and to know that loud noise does not mean violence.

I am free sing opera.

I am free to lounge on the couch and watch movies all day, if I want to.

I am free to nag if it makes me feel better.

I am free to express my feelings when I feel it is appropriate and if others do not want to acknowledge my feelings, then I am free to go to express them anyway, or go find someone who can acknowledge me.

I am free to be acknowledged.

I am free to play my games until my missions are complete.

I am free to love my mum.

I am free to have quiet because I have a hangover.

I am free to drink lots of water and flush my body of toxins.

I am free to eat all the organic live food that I want to.

I am free to wrap myself in cosy fluffy blankets and feel warm and snugly.

I am free to travel where I want to when I want to.

I am free to party.

I am free to make my own pancakes and eat them all if I want to.

I am free to love my children and be silly and funny with them.

I am free to create my own precious moments.

I am free to disco.

I am free learn my way.

I am free to make up my own words like freel, meaning to freely feel.

I am free to find a beach and take my clothes off and jump in the waves.

I am free to act like a dolphin.

I am free to be in nature and to connect to mother earth.

I am free to make up my own story and to play my own games.

I am free to vote for who I want to.

I am free to follow my passion and find work that fills me with excitement, so I love going to my job every day.

I am free to chase butterflies and talk to bugs.

I am free to take time to smell the roses, carnations and other flowers when I want to.

I am free to fart when I want to.

I am free to use the washing machine.

I am free to snore in bed, to grunt and groan and sleep on whatever side I wish.

I am free to do any type of exercise I want to, including finger push ups.

I am free to say affirmations if they make me feel better.

I am free to take myself to a better place no matter where it is and no matter what anyone else believes.

I am free to enjoy myself love.

I am free to stop whatever I am doing at any time.

I am free to know the contrast that life gives and to acknowledge the not so good things in life as they help me to appreciate the good things.

I am free to make money in any way that I choose.

I am free to help whomever I want to how ever I want to.

I am free to honour myself and others.

I am free to eat breakfast in bed.

I am free to walk away from sarcasm, criticism and blame.

I am free to take responsibility for my own life.

I am free to sit and when I want to.

I am free to see my masseuse when I want to.

I am free to have choices. Choices about how I look, how I behave, how I choose to react and what I want to say.

I am free to dream, my own wishes.

I am free to know that my wishes can come true.

I am free to act rather than react.

I am free to be proactive and positive.

I am free to be grateful for what life brings me and to give gratitude as much as possible.

I am free to retreat.

I am free to sleep.

I am free to not listen to what I am told on the TV and in the papers and I am free to trust my own intuition.

I am free to make decisions regarding my family that feel best and right for me.

I am free to share my love.

I am free to kick up leaves and splash in puddles and play on swings.

I am free to express myself through art, craft, dance, singing and painting.

I am free to blend my own colours and to put the colours onto my canvas of life.

I am free to let it flow

And most of all I am free to be me.